

SNACK ATTACK?

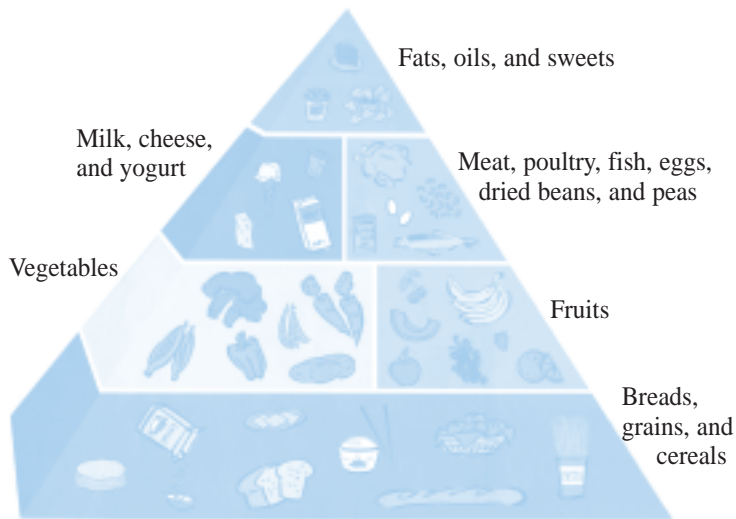
EAT SOMETHING GOOD FOR YOU AND YOUR BABY!

Snacks should be healthy foods that your baby can use to **grow**.

ALL pregnant women need more nutrients, like protein, calcium, vitamins, and minerals. And snacks can be a good way to get them.

When You Have A “Snack Attack” Use The Food Pyramid As Your Guide

✓ **Plan** what you will have for a snack. Then you won’t just grab the easiest thing. Try taking a snack with you to work or school.



Food Guide Pyramid

SNACKS I WILL EAT TO GROW A HEALTHY BABY:

(Circle Them!)

Apples	Baby carrots
Bagels	Bananas
Berries	Bread sticks
Cereal	Cheese curds
Cheese and crackers	Hard boiled eggs
Milk	Nuts
Popcorn	Pretzels
Raisins	Raw broccoli
Raw cauliflower	String cheese
Tortillas	Yogurt

Other Snacks I Will Choose To Grow A Healthy Baby:

Put this list up on your refrigerator!

